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New Bernal Journal

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Paving the Way to a Better Bernal?

By Nathan Kensinger

■ Rural development receives mixed reviews from neighbors.

After 10 years of lobbying, the Bernal Heights East and South Slope Improvement Committee (BHESSIC) has finally accomplished its goal: beginning work to pave and develop the few remaining rural sections of Bernal Heights.

"Now is definitely the payoff," 10-year BHESSIC member and Bernal resident Terry Milne said. "We are finally seeing some work being done in the streets. We had a groundbreaking in August. The Mayor, several supervisors and the head of the Department of Public Works all attended. Everyone in the neighborhood should know about it because it's a big deal, a lot of money, and will be going on for several years."

Detractors see the developments scarring the neighborhood's character. "My three children were born and raised in this house on Brewster Street; they grew up and played in this area," commented School Board member and 25-year resident of Brewster Street Jill Wynns. "I always felt it was a secret part of San Francisco, a hidden treasure that we've been able to enjoy for 25 years. The first day that they began construction, they cut down several Eucalyptus on north Brewster, and they removed several overhanging trees near my home. My daughter Emily came in and said, 'It's gone, it's changed forever.'"

So far work has begun on only the Brewster/Joy area on the east side of Bernal Hill. Brewster is being paved, widened, and supported with retaining walls; six new stairways are under construction; underground utilities and fire hydrants are being installed; and other improvements are being made. The improvements were supposed to make the area more accessible to fire trucks and emergency vehicles.

"I haven't seen too many people complaining," said Joe Timonere, construction inspector for the Bureau of Construction Management in the Department of Public Works (DPW). "The neighborhood is very involved in this work. I still meet with residents at monthly meetings at the community center, and I meet weekly with BHESSIC to review the Brewster construction site's progress."

"It's about six million dollars for the whole project, and three million for the Brewster/Joy construction," stated Joe Ovadia, the DPW project manager for the Bernal Heights developments. "The money is coming from the Proposition B sales tax that goes toward city improvements." Next on the list for developments is the Banks/Chapman Area in South Bernal, followed by the Bradford/Jarboe Area in the southeast.

The passage of the plan took more than 10 arduous years, mainly spent attracting the support of the government, and convincing those in the areas involved. Yet few residents on the hill have been informed of the massive construction plan. It will definitely change the face of the neighborhood and is likely to affect the value of hill property.

Nevada Street resident Roger Myers "wants to see what the plans are for our neighborhood. We obviously don't want anything to threaten the natural beauty of the neighborhood."

The project's organizers claim the construction would create a safer, cleaner environment. "Bernal Heights is a unique situation because it is still a rural community, with narrow streets, dead end streets, and dirt road," said Norma Planiczca, 11-year BHESSIC member. "The people there like that. The community really changed its mind after the Oakland Hills fires where the fire trucks could not reach the flames. They realized that this is a life safety situation. This is really a good projectC Planiczca owns two vacant lots on Brewster that she plans to build on when the area has been fully developed.

"It makes me so incredibly sad, said Emily Wynns, 19. "It was inevitable, but I still feel like the world is crashing in on me, like there is no way to stop progress. I was really proud to live on an unpaved road. I felt I had a special place with a personality, like 'Brewster Street, the coolest street in San Francisco.'"

Wynns younger brother Evan agrees."It ruins the whole quasi-rural charm of the neighborhood. It was almost like country living in the city. It's the end of an era--Bernal Heights will never be the same."

New to the Neighborhood: Guadalajara Meats

A warm welcome to Guadalajara Meats, which opened up late last year at 235 Cortland Avenue. Porfirio Rios (pictured) and his wife Laura own the butcher shop, and are pleased to offer meat and poultry as well as fresh vegetables and tropical fruit. Their chorizo is a house specialty and if you drop by in the late afternoon and you might just catch the Porfirio barbecuing his other specialty (spareribs) in front of the store.

San Francisco elderly hit hard by new immigration reform

By Nic Griffin

■ 15,000 elderly immigrants in the City could be affected as early as August.

Antonia Perez* is an 87-year-old Bernal Heights resident. She came to this country from her native Mexico when she was eight and now lives with her grandson whom she raised from childhood.

Antonia's life has been one of limited means and hard work. The only steady income coming into the household is Antonia's monthly S.S.I. check. Under the new Immigration and Welfare reform legislation passed last year, this lifeline may be cut off as early as this August.

This news comes at a time when Antonia is still grieving the death of her son who was a great support to her. She is also still weak from bypass surgery late last year. To further compound her troubles, Antonia found out just before Christmas that her landlord is anxious to sell the house she now calls home.

The "Personal Responsibility and Work Opportunity Reconciliation Act" has a nice name but very sharp teeth. One of its provisions designates August 1997 as the month when recipients of S.S.I., food stamps and T.A.N.F. (previously A.F.D.C.) who are neither citizens or qualified for one of three exemptions will have their benefits terminated. The three exemptions are: veterans and their dependents, refugees and asylees and persons who have worked and paid into Social Security for 10 years or 40 quarters.

Antonia not only raised six children but worked for over 10 years in a hospital kitchen in Millbrae as well. She found out upon further inquiry that her employer had not paid into S.S.A. for sufficient quarters. Whether her late husband's quarters will make up the difference remains to be seen

According to recent data San Francisco has 15,000 elderly and 4,000 blind recipients of S.S.I. who are not citizens. When all the benefits are factored approximately

see Reform, Page 10

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A Lucky's Update

Lucky's still holds the right to purchase the Mission/Chavez site for its proposed superstore. Petitions to oppose the 48,000 square foot megastore and to propose mixed use affordable housing as stated in the City's master plan for that site may be signed at the Bernal Heights Neighborhood Center at 515 Cortland. To obtain more information in regard to the superstore struggle, call 647-8861.

While Bernal Heights awaits Lucky's final decision to purchase the site, the BHNC/HC will continue to address affordable housing and the status of the Mission/Chavez site at local block meetings. Precita Valley Neighbors have put together a series of affordable housing information house parties. For more information call Demece Garepis at 641-0507 or Helen Helfer at 206-2140.

Cheers to the Bernal Journal Jr.

Congratulations to the teen staff of the *NBJ*, who debuted on their own page last issue. Nathan and Rachel are back again on page 6 offering their insight on teen life in San Francisco.

If you are, or know of, a Bernal teen who would like to be a reporter, photographer, or cartoonist, call 642-1040. No experience is necessary--just a willingness to learn and have fun.

Forum

New Bernal Journal

515 Cortland Avenue San Francisco, CA 94110 (415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income in Bernal Heights." *The New Bernal Journal* is distributed door-to-door, free to Bernal Heights residents. Articles express the views of contributors and are not necessarily those of the Bernal Heights Neighborhood Center.

Editorial Committee: Demece Garepis, David Rogers, Mauricio Vela

New Bernal Journal Staff

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Bernal Journal Jr. Writers: Nathan Kensinger, Rachel Leifer

Bernal Journal Jr. Coordinators: Holly Kernan, Mike Woitalla

Distribution Staff: David Rogers and a cast of hundreds!

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Letters to the Editor

Dear Editor:

Enclosed please find a copy of our letter addressed to Mayor Willie Brown. We would like you to print this letter with hopes that parents reading the *NBJ* will participate in insisting that the City, and MUNI, begin enforcing rigid security measures, and to insure us that there will be consistency, and reliability on the bus lines our children need to use in order to get to and from school.

Your Honor:

We are concerned parents of our 14-year-old son who attends John O'Connell Technical High School, located at 41st and Ortega. We are residents of the Bernal Heights neighborhood, and so it takes our son three transfers to get to school, and unfortunately we have to depend on public transportation. In particular, he uses the #24, L Taraval, and the #48.

Our son has experienced four separate assaults and robbery, the latest on November 18 when he was on the L Taraval coming home from school. He was asked twice for money and his fast pass. He made no response. He was then slugged in the jaw twice by two different individuals. He stood up and handed them his fast pass. We have told our son to give up whatever is asked from him, hoping that physical abuse will be minor.

The following day we contacted the school, spoke with our son's counselor and related the incident to him. The police were contacted; however, they were unable to respond immediately as their calls are prioritized in order of seriousness. The report and the identification of the suspect was made on Thursday January 9th, in connection with another assault/robbery that occurred on Wednesday, January 8th afterschool on the #48 to two fellow students who live in our neighborhood.

As far as the reliability of our public transportation, on December 10th (I believe you were driving the newly acquired streetcar) our son waited 1 1/2 hours for the #48 at Vicente and West Portal. The bus did not arrive. This was the ninth time, including summer school, that the #48 did not show. I called MUNI and asked what the problem was, and I was told that they were short of drivers and buses and if someone called in sick it would require someone to work overtime, a tactic they could not afford to implement. So the line does not run.

We have been told that the Mayor's office discontinued the allocation of funds to provide chaperones for our children using public transportation. May we ask why? The crime rate has gone up, and we can not allow our son to be a victim on MUNI one more day. If it is the lack of funds, perhaps we should purchase a less expensive streetcar, and free up some funds for more buses, drivers and chaperones. It's only a suggestion.

Our children have the right to expect the City to provide safe and reliable transportation to and from school. We, as parents, expect some positive action from you, and the other elected governing officials, to provide obvious security on the bus lines our children must use.

We need you to do all that is necessary to help our children. Your immediate response is greatly appreciated.

Sincerely,

M. Bruce and Gail Ottolini

Note: The NBJ *invites Bernal residents to send Letters to the Editor. Letters must be signed and include a daytime phone number. The Editor reserves the right to edit for space and clarity.*

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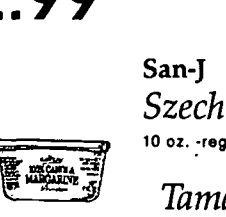

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Progressive Grounds Happenings

Dear Bernal Residents:

I have taken out this ad to update everyone in regard to a permit for which I have applied for. Due to the size of our coffeehouse I have to apply for a Conditional Use Permit in order for us to MAINTAIN Progressive Grounds as it is right now. The gross footage is over 1,000 sq. ft. which by definition of the San Francisco Planning Code classifies us as a large fast food restaurant. We are a self-service restaurant which means that an order is taken, paid for and either taken out or consumed on the premise. If we were under 1,000 sq. ft. we would not need this permit, but because we are over we must apply for the permit.

The reason that this came up is because we are trying to upgrade our restroom to accommodate disabled persons. After five months of working with the Building Department and finally receiving a thumbs up for our plans, I went to the planning desk to apply for the permit to start work on the restroom and it was at that time that I was informed about my square footage, which blocked plans for the restroom until a permit is issued for Conditional Use.

Progressive Grounds will not in any way change in size or how we are currently doing business at this present time. Our only goal is to keep on serving Bernal Heights as we are and to be able to offer you that special place to sip your cup of pleasure or satisfy your sweet tooth. I am concerned, however, that neighbors will think I am trying to turn this place into the next Burger King. That is the last thing I think Cortland Avenue needs. I am interested only in preserving the charm of Cortland Avenue as well as our building in particular.

If you are not familiar with Progressive Grounds, we opened up last August and are a '60s type bohemian coffeehouse. We have a front lobby area, a library area with games, coloring books and puzzles, a fireplace room with old, comfy couches and a patio area to catch some rays or raindrops. We serve leaded & unleaded, fresh pastries, a variety of vegetarian eats, cakes, cookies, and candies. We feature an open-mike Poetry Reading once a month. Many residents have held both private and social meetings here. We've helped to employ over 15 residents of our community in our first seven months of operation. We donate all of our day-old pastries to the Neighborhood Center.

In the past I have donated to the Godfather Service Fund, the Henry Ohloff House and the Domestic Partnerships Ceremonies which were connected to me through a coffeehouse I owned in the Hayes Valley/Alamo Square neighborhood.

I invite everyone to come on down and check us out if you haven't already and see for yourself what I am trying to preserve. Also, if you have any questions please feel free to contact me at any time and I'll be happy to meet or talk with you. I am a resident of Bernal Heights myself and would never let anything disrupt our little Village.

Sincerely,

Anna Marie Shami, owner
647-8407 home
282-6233 store

Local Life

Attention Creative Writers:

The *New Bernal Journal* would like to start publishing some of your creative endeavors. We are looking for talented types to submit poems, short stories, and essays for possible publication. Please send your typed, double-spaced manuscripts along with your daytime phone number to:

New Bernal Journal
515 Cortland Ave.
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All manuscripts should be under 1,000 words.

We are also seeking writers and photographers to cover the people and events that make Bernal Heights such a unique place to live.

Interested? Our next meeting is Weds. February 19th at 7:30. Call Melinda Wright at 206-2144 for location and details.

Writers groups galore on the Hill

By Eileen McCann

Fiction writers, memoir writers, poets, journal writers, and would-be-if-I-could-just-get-started writers, you should know that there is a writers group for you in Bernal Heights.

Some groups have just recently formed, some are ongoing and some are run in sessions. Here are but a few that are currently happening in the neighborhood.

Margo Perin teaches two creative writing workshops in Bernal Heights. Her Advanced Writing Workshop teaches participants how to transform their writing into polished novels, short stories and memoirs through instructor-led critique. Participants also learn how to further explore and practice the craft of writing, become their own best editor, and publish their work. All are invited to bring individual concerns about craft and writing process for discussion. This workshop takes place on Wednesday nights from 7:00-10:00 p.m. at Bernal Books.

Located on Anderson Street on Monday nights from 7:00-10:00 p.m. is the Creative Writing Intensive Workshop which teaches participants how to create dramatic, compelling short stories, novels and memoirs by exploring options of craft and writing process. Each class includes the examination of techniques used by successful published writers and in-class and homework writing assignments. This workshop is for writers interested in transforming their material into polished, publishable work and includes information on publishing. All levels of fiction and memoir writers are welcome.

Bernal Books and Bernal Library co-sponsor another writers group called Bernal Books Writers Group. This group meets every Tuesday from 7:00-9:00 p.m. at Bernal Books, except for the third Tuesday of each month when it meets in the library. This group is ongoing and open to new members. Almost any level of writing is acceptable as long as it is original and open for feedback. I have run this group since November of 1996. The writing that has been brought in has ranged from intended magazine articles to memoirs to poetry to fiction covering short story, sci-fi, espionage, and novels. This is a group whose format is simple: bring in your work from rough draft to polished piece and we'll give you feedback. The feedback is instructive yet gentle, following guidelines that are helpful in learning how to constructively critique writing.

If you are interested in how your writing might appeal to a reader, this is a good place to start. Within this group are people who were born in China, Argentina, Peru, Austria and the United States. This is also a good group if you are an aspiring writer and English is not your first language.

Thalia DeWolf runs a writers group that meets at Progressive Grounds coffee shop on Wednesday nights from 7:00-9:00 p.m. This is a drop-in class of free writes based on Natalie Goldberg's book "Wild Mind" and welcomes new people. Thalia comes equipped with the Seed Idea and the class does a 10 minute timed free write, which is then read out loud without editing. For those who don't know, a free write is basically taking an idea, image, dream or event (the Seed Idea) and writing whatever comes into your head without stopping to think or edit, usually for a limited amount of time. The feedback is minimal, consisting of comments on striking images and the tone of the piece. You can then use these free writes as jump starts for a more expanded work if you choose. Free writes can be a liberating process that will literally free up ideas or images you were unaware you contained. And as DeWolf commented, "Writing is not you, but comes through you."

On writing groups in general, as a writer I have to say I find them essential. Writing can be a lonely business and a writers group, if nothing else, will provide you with others to talk to about the craft of writing, other writers, and books. Feedback can center you into your writing by giving you some idea of what a reader, who is not related to you, will think of your work. You'll get an idea on the emotional impact of your work. And if you are a procrastinator, a writers group will take you from thinking about writing to actually doing it.

Margo Perin is a novelist, short story writer and performance writer. She has won literary prizes for short fiction and a nomination for the Pushcart Prize. Her work has appeared in numerous publications, including *Treasure House, Painted Hills Review, youtalkingtome?, Tenderloin Times, California Tomorrow, Issues* and *World University News*. She has taught writing in England, Mexico, Italy and the Bay Area, and in addition to her Bernal Heights workshops, currently teaches at the U.C. Berkeley extension program and summer intensives in Tuscany, Italy. For both her workshops call 285-5715.

The Bernal Book Writers Group can be contacted through Bernal Books: 550-0293 or the Bernal Branch Library: 695-5160.

Thalia DeWolf's group is drop-in or you can call: 641-8366.

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Mary Green Bell was born in Pampanga, Philippine Islands on May 17, 1918 to Thomas Green and Catalina Reid. She had two brothers, Thomas and the late Arthur Green. Her grandmother, Maria Acuna Reid, was a major influence in her life while she was growing up.

On January 5, 1938, she married the man of her life, Dr. Jose N. Bell. In 1952, they immigrated to the U.S. and settled in San Francisco where they immediately started their dry cleaning business. Mary was very instrumental in the success of "Bell's Dry Cleaners & Laundry." In their 59 years together they shared the love of nine children, 18 grandchildren and 26 great grandchildren.

Mary's passions were gardening, cooking, traveling, entertaining and spending time with her children and grandchildren. Her strong faith in God sustained her throughout her lifetime. The sound of her contagious laughter made everyone around her feel alive and always welcomed in her company. In addition to being a devoted wife and mother, she encouraged her daughters to be good homemakers, acquire an education and be independent. She was a great source of strength to her sons and motivated them to be responsible men.

She leaves behind her husband, Jose; her brother, Thomas Green; her children, Ruth McArthur of Maryland, Alexander Bell, Rose Sittner of Maryland, Franklin Bell, Alice Bell-Gaines of Covina, California and Mary Carol Bell of Maryland. She also leaves a host of grandchildren, great grandchildren and friends.

"She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. She watches over the affairs of her household and does not eat the bread of idleness."
Proverbs 31:25-27

To Market, To Market

New Farmer's Market Manager a Vegetable Visionary

In the early Saturday morning hours, a time when many are still sound asleep and dead to the world, the Alemany Farmer's Market is alive with sights, sounds, and scents that make an early morning trip to the Market a worthwhile experience. Farmers unload mounds of fruit, flowers are brought out by the buckets, the coffee vendor sets up shop and visitors meander through the market maze.

And while Karol Jo Kappel, the new Farmer's Market manager, is pleased with where the market is currently at, she is also full of ideas and excited by the growth possibilities. "I want to keep the Market the success it has been. I plan to make it better by keeping what's good and developing what's great."

Her agenda for the next four months reflects this sentiment. She plans to diversify the current staples of fruit, vegetables, and flowers by seeking new vendors to supply cheese, fresh bread, homemade treats, and organic produce all while maintaining the below average prices the Market is famous for.

And Kappel is looking forward to the facelift the Market will receive this spring, in part because of the efforts of Christmas in April. New signs, newly painted stalls, and more defined parking are in the works for this year and will hopefully make both the Saturday Farmer's Market and the Sunday Flea Market an even more enjoyable experience.

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Next time in Local Life:

Gloria Allen will return next issue with an update about what is going on "Around the Neighborhood."

And Baby Makes Five: Bernal gays and lesbians explore alternative parenting options.

Also, we are seeking people who live in the Market Heights complex and would like to be interviewed about life there. Call us at 206-2144.

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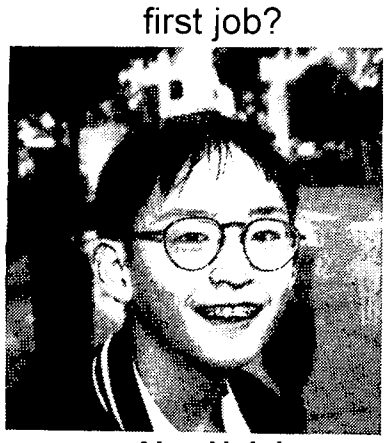
Bernal Banter

What was your first job?



Alex Hsieh

"I became a paper boy for the *Chinatown News* here in San Francisco when I was 12. I made like $20 delivering papers."

Matthew Waite

"I had an apprenticeship in Sydney, Australia when I was about 19. I helped build boats in a workshop. I still work in construction, so it was a good experience even though the pay was minimal."

Ava Soifer

"I used to work in my dad's jewelry store. He gave me more responsibility as I got older, until I was working in sales and handling money. I don't think he paid me, because it was a family business. My mom worked there too."

Teen Jobs: part time opportunities on the hill and beyond

By Nathan Kensinger

Teen employees Emily Hanson and Chris Lamotte chat with Good Life's Assistant Manager, Will Ross.

There are 2,114 youths between the ages of 12 and 19 living within the borders of Bernal Heights, as defined by Mission St., Cesar Chavez St., Bayshore Blvd., and Crescent Ave., according to the 1990 census. Many of these youths are already looking for a first job, preferably one close to home.

Out of some 50 businesses on Cortland Street, you'll find teenagers working at about eight. The main employers of teens, Common Grounds Cafe and The Good Life Grocery, give work to about 10 young people. Many job-seeking youths must look beyond Cortland.

Fortunately, two programs with offices in the Community Center are set up to help Bernal youths find employment: the Mayor's Youth Employment and Education Program (MYEEP) and Ready for Work.

"We place high school kids ages 14 to 19 in non-profit, subsidized jobs," said Lori Tran, the MYEEP Coordinator "They work 10 hours a week at $4.75 an hour."

The Bernal Heights branch of the citywide MYEEP serves the outer Mission area from October until May and currently employs 48 youths in government-supplied positions. The sister Summer Youth Program runs from June until September.

"All year long we have jobs to get the kids out of trouble, and provide them with skills and money," Tran said. "This program really gives them responsibility."

Workshops on job skills and good school work are mandatory for participation in the program.

The unsubsidized Ready for Work has similar goals, but finds jobs in the marketplace (at stores and other private businesses) for its participants.

"Per month, I work with about 20 kids, and place about eight," said Ian Farser, the Bernal Ready for Work counselor and job developer. "Maybe 50 I've helped have jobs right now. They emerge from this program more ready to get a job than some kid on the street."

Ready for Work provides numerous workshops on subjects ranging from Interviewing to Cultural Sensitivity Training, and supplies job counseling to a core group of 12 youths as well as helping drop-in applicants from Bernal Heights to the Excelsior area.

For those Bernal Heights teenagers who can find a job right here on the hill, the working experiences are varied. My sister's first job as a kid was at Clay Arts, the ceramics company formerly located in what is now Common Grounds.

My brother, at 16, was one of the first employees to work at the Good Life Grocery when it opened several years ago.

"It was right around the corner and very handy," he said.

> "We hire teenagers because it's good to give people from the community a chance to grow. Usually they are all hard working and enthusiastic." -- *Will Ross*

People under 16 find it a bit harder to receive real employment because of the restrictions of child-labor laws, yet they still need money. My first job paid $5 an hour, all under-the-table because I was just 12, picking weeds and cleaning yards all round the hill for a professional landscaper.

Odd jobs around the neighborhood provide income to many youths who don't have a regular job.

"In the neighborhood, I've baby-sat, worked on construction, and painted houses," 18-year-old South Bernal resident Josy Wynn-Soifer said.

Yet Cortland's close location makes it a choice spot for Bernal youths to work. However, only a few lucky teens in the 16 to 19 age bracket can find part-time jobs there.

"I've worked here at The Good Life Grocery for two months," said 17-year-old West Bernal resident Chris LaMotte. "I make minimum wage, I bag groceries, stock shelves, sweep the floors. I like it."

North Bernal resident Emily Hanson, 17, said, "I've worked for seven months at The Good Life Grocery. I make $6.50 an hour. I bought a car, and I'm saving money. It's my first job. I really like the people I work with, and I think of them as a second family."

Students looking for work always have to factor in their school hours and study time.

"I usually work two or three days a week after school and then all day on weekends," Hanson said.

Usually, teen working availability is from 4:00 p.m. until 10:00 p.m. during the week.

The Good Life's Assistant Manager Will Ross speaks highly of his teen employees.

"We have at least six teens working for us," he said. "We hire teenagers because it's good to give people from the community a chance to grow. Usually they are all hard working and enthusiastic."

Are you overdue for a library visit?

By Rachel Leifer

Libraries are too frequently looked down upon as hangouts for nerds with nothing better to do than read Dickens or Tolstoy. Unfortunately, people often overlook a public library's many free services and therefore miss out on many opportunities. Public libraries supply everything from free internet access to feature films, and their staffs are willing to do everything for their patrons from helping with homework to alleviating childhood boredom.

Since its opening in 1940, the Bernal Heights branch of the San Francisco Public Library System has always been an integral part of the community, especially for the neighborhood's younger residents. The library is designed to make finding books, videos, tapes, magazines, and even comic books easy to find for young people, with user-friendly, computerized card catalogs, Spanish/English signs and placards, and a remarkably cozy environment complete with couches and coffee tables.

But beyond these features, which many have come to expect from any public library, is the personal attention the staff provides their patrons. The Bernal Heights branch offers weekly story hours for toddlers and young children every Thursday at 10:30 a.m. Kids come with their parents and listen to stories read by the children's librarian. On Tuesday nights from 5:00-8:00 p.m., the library holds a study forum, during which time students from all grade levels bring their homework to the library seeking assistance from librarians.

The library also provides internet access to anyone who wants to use it, stocks magazines with youth themes like *Rolling Stone* and *Sports Illustrated*, and is especially lenient with negligent youths who fail to return their library materials on time.

The two librarians at the Bernal Heights branch value person-to-person contact with young people and encourage questions. Dorothy Coakley, the children's librarian, has been there about 10 years. She said that youth attendance at the library has been steady over the years.

"I like to think the library has been one of the things that has been consistent in terms of kids—a center of activity," Coakley commented. "It belongs to the kids and the kids know it. They don't just come in and use it— they're part of it. It's very much a community information center. And Bernal Heights is a politically active neighborhood. Four or five times there has been the threat of closure, but people have been active in going to the mayor and such. Kids turn out and write letters. I like to think it's really been one of the strong things that's kept the neighborhood active."

Librarian Valentin Porras has been at Bernal Heights for about four years and has been involved with the San Francisco Public Library System for nearly 10.

"When kids come in with questions, I have a lot of questions for them too," noted Porras. "If a kid is doing a report on a fish, I ask if it's a fresh or salt water fish, where it lives and so on. There is an interview process before any research."

Nina Sariaslani, 15, an infrequent user of the library, still values the help she receives from librarians.

"I'm doing a report on redwood trees," she said, "I never would have found anything I'm looking for without help from the librarian."

The library isn't useful only for research or pleasure reading. Libraries stock reference books that can do much more than prepare you for a report.

Instead of paying the exorbitant prices for SAT Preparatory Courses, go to the library and study their many SAT texts, most of which are up-to-date and highly informative. Next time you're considering investing a chunk of cash in something like a stereo or a car, check out the library's stacks of consumer reports and make an informed decision that could save you a lot of money. These services are completely free to you; all it takes is a short walk and a little bit of time. The next time you find yourself struggling with homework, faced with a tough consumer's decision, or even just a little bored, consider making the trip to the Bernal Heights branch and exploring its little world yourself.

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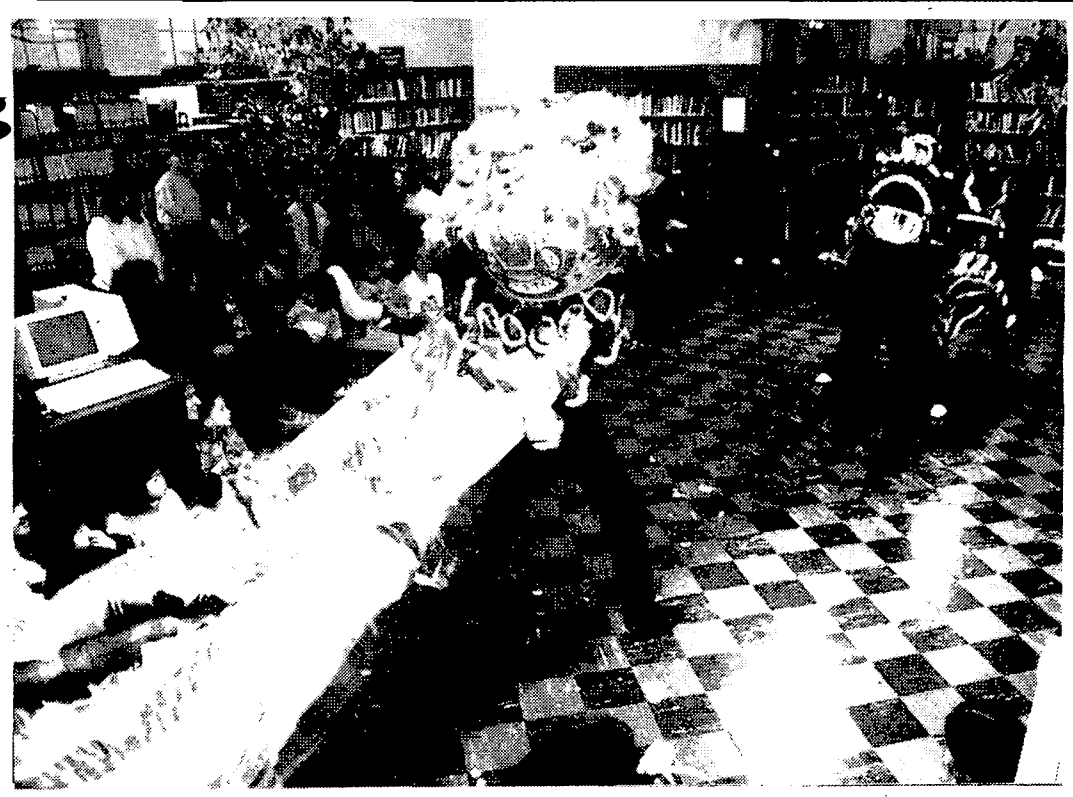
Lion sighting at the Library

PHOTOS BY BEVERLY THARP



Once again, the Lion danced. For yet another year, the cabbage was eaten and luck was spread throughout the library. Jing Mo Athletic Association has brought their performance to Bernal Heights for more than 10 years in celebration of Chinese New Year and this year was more spectacular than ever before.

"We really enjoy performing for the people of Bernal Heights," said Rick Wing, leader of the association. "The people are so supportive. We always schedule Bernal at the end of a long day because we know we'll give it our best show. It allows our group to feel very upbeat.

Three lions entertained the 113 people who attended the February 1st event, celebrating the springtime renewal of prosperity. After the drums had rolled, the cabbage had spread throughout the library, and the eager small children consumed all of the red and gold foil wrapped candies, it became evident that 1997 would be yet another successful year for the Bernal Heights community. The Lion had returned!

Cortland history: a canvas approach

By Eileen McCann

A doctor's office, a hardware store, a gas station, a movie theater, a grocery store that delivered, a street car, goats grazing on the hilltop, at one time Bernal Heights had all of these. Beneath the current picture of Cortland Avenue are layers of history. Much like a canvas that is painted over and over again, behind the present occupants of Cortland's storefronts are the shadows of businesses that once served this neighborhood. Each new painting on the canvas contains some of the former, and each building, especially the storefronts, evolves with each new business. A carriage house becomes a doctors office and then turns into a restaurant. A cobbler shop becomes a glass shop and is now a book store.

I have lived in Bernal Heights for 18 years and have seen Cortland Avenue transform from a street that used to close up at sundown and was unsafe at night to a street bustling with business long after dark. I've lived here long enough to wonder about former store owners when I walk into some of Cortland's newer businesses. I never walk By Toni's Tradewinds without thinking of her home cooked meals, without missing her sitting in the window most afternoons. Yet I am hardly considered a neighborhood old timer. I do not remember Saturday Movies at the theatre that now occupies a church. I do not remember the street car tracks, the gas station at Andover and Cortland, the swamp at the foot of the hill that is now Bayshore Boulevard, or the creek that became 280. There are people who live in Bernal Heights that have spent almost all their lives here who do remember these things.

While working on a neighborhood project for the library I became interested in Bernal history, most specifically the history of Cortland Avenue. Most of the buildings have been storefronts for a very long time. How the businesses in these buildings transformed over the years reflected the changing face of a neighborhood. I was curious how one evolved into another. It became a interesting project much like investigating a family tree. One person had a piece of information that would lead me to another store owner who might or might not know much about the building they were occupying. I found out some of Cortland Avenue history in bits and pieces. For example, the Wild Side West used to be the Little People's Workshop. The Neighborhood Center was a hardware store.Jinjee Flowers was originally a branch of the Post Office. JC Super Market was once a Safeway.

A 1921 photograph of Holly Park Meats; 76 years later it is once again the home of a butcher, the new Guadalajara Meats.

Imre and Jutka Mandoki, owners of the Hungarian Sausage Factory and Bistro, had the most detailed account of the history of their building. The building was once a Queen Anne Victorian similar to the yellow one next to Charlie's Bar. There was a yard where the Bank of America's bank extension is now situated and their restaurant was once a carriage house. Imre Mandoki believes that for some time it was a boarding house. Dr. Moses lived in the building in the 1950s and served the neighborhood as a general practitioner. A friend of mine remembers having stitches removed from his foot as a boy and being charged $7.00.

Next there was an appliance repair shop and a beauty shop known as Laura's House of Beauty. Jake, who is the current owner of Jake's Barber Shop lived upstairs in the flat and had his business downstairs in what is now the restaurant. The Mandoki's moved into the upstairs flat in 1988 and in 1992 they opened the deli. Two years later in 1994 they expanded with the restaurant. When I called to verify some facts I was told about an exhibit they had up in the restaurant of some paintings of Tim Prael. Up until he passed away you could find Tim sitting most evenings outside the restaurant with Imre Mandoki sharing a glass of wine available for a chat. Another sight I miss while walking down Cortland Avenue. His vibrant paintings are on display providing welcome cheer during the rainy season.

Imre and Jutka Mandoki live in the building with their four children Sandor 12, Zoltan 9, Szerena 6, and Ibolya 3. The two youngest girls were born in the upstairs bedroom.

Layers of families and businesses have called 419 Cortland Avenue home. Two little girls will grow up to be women who can point to this building and say "I was born there."

If you are interested in Bernal Heights history you can locate some people who spent their lives on the hill by attending a senior lunch at the Neighborhood Center Monday through Friday.

Old photographs of some of the storefronts are located at Carter's Key Shop, Jake's Barber Shop and the Guadalajara Meat Market, all located on Cortland Avenue.

Los Road Runner's Julia Terrango will be missed

Julia Tarrango
1917-1997

Bernal Heights bids a sad farewell to one of its most colorful merchants, Julia Tarrango. Tarrango and her daughter, Barbara Montano, ran Los Road Runners, the funky, jam-packed thrift store at 511 Cortland Avenue.

Those who enjoy the sights of Cortland will certainly miss seeing Tarrango sweetly sitting in from of her shop in her signature knitted cap and scarf. She was a much loved member of the Bernal Heights Senior Services and one its most generous donors.

A great grandmother herself, she was also sweet and motherly to all, but could be a feisty, tough cookie when necessary. On January 4, at 80 years old, this spirited matriarch died from a heart attack. Her friends and family filled her funeral service to standing room only, an appropriate and well-deserved last tribute to this wonderful woman.

--By Vicki Victoria

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Anti-Rape Activists needed to support sexual assault survivors. San Francisco Women Against Rape Crisis Counselor Training begins March 5. For more information, call Janelle at 861-2024.

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Neighborhood Center News

In memory of organizer Rich Sorro

Rich Sorro, one of the Mission's--and the City's--most respected labor organizers, died last December at 61 years of age. His passing is a tremendous loss to all those who seek a better life through honest labor, which is to say most of us. As head of the Mission Hiring Hall, Sorro remained focused on and dedicated to a single goal: lifting people out of poverty by finding them work. He was good at it, and there are literally hundreds of people in the Mission today who can pay their rent or mortgage, send their kids to college or look forward to a secure retirement because at some point, when they had nothing, Rich Sorro was there for them 100%.

Thursday, December 19, was officially declared "Rich Sorro Day" by Mayor Willie Brown and nearly a thousand people marched in a procession celebrating his life. In many moving speeches that were made about him following the procession, there emerged a picture of a man you could go to if you were in trouble; someone who cared, someone would come through.

Rich Sorro was born into a working class union family and grew up in the Fillmore district. A stint in the Army, including a tour of duty during the Korean War, was followed by raising a family in San Francisco's tough Sunnydale Housing Projects. Sorro worked for some years both as a knitter in the garment industry and as an electrical technician.

In the late '60s, when the Mission was threatened by large scale demolition by the Redevelopment Agency, Sorro became a leader in the multicultural vehicle of opposition, the Mission Coalition Organization or MCO. As MCO evolved from being a vehicle for survival into a means of community power, Sorro became head of MCO's Jobs Committee. In the free-for-all style of the era, the Jobs Committee relied on the boycott, the sit-in and the picket. This was followed by negotiating sessions that often included dozens of rowdy job hunters hammering away at a couple of nervous CEO's. They took on Safeway, PG&E, and other big shots.

It was grassroots in-your-face-none-of-this-lawyer-stuff and it worked. In an interview early in 1996 Sorro gleefully described the action, "We went after banks and knocked them over, one a week. Same with other companies. Sometimes we'd make a mistake and pick on someone too big. But most of the time, community action worked."

In the years that followed Sorro worked as a union organizer for the International Ladies Garment Worker's Union and the Service Employees International Union. He also helped establish South of Market's Filipino Organizing Committee, the South of Market Recreation Center and the West Bay Filipino Multi-Service Center.

For the last few years, Sorro headed up the Mission Hiring Hall, which he had co-founded in 1971. The Hiring Hall was a natural progression from the Jobs Committee of the late '60s. If the '90s offered reduced opportunities for those at the bottom of the economic order, Sorro was one of the latter. In speaking about the difference between activism now and then, Sorro said, "The time was right. Actually the time is right now. The time is always right."

A forceful voice for the common man and woman is now silent.

Special thanks to the New Mission News *for allowing the NBJ to reprint this article.*

Bernal Heights Senior Services
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TRADUCCION AL ESPANOL DISPONIBLE

Reform *from page 1*

37,000 will be directly impacted by this legislation.

Another big concern is what will happen to Medi-Cal, the health coverage of California's poorest residents. Governor Pete Wilson has stated that Medi-Cal should no longer available to immigrants entering this year. It is anybody's guess what legislation will emerge from the current State Congress. Hard liners may try to strip all legal permanent residents of their medical coverage. This could be catastrophic for the state's elderly.

It is anybody's guess what legislation will emerge from the current State Congress. Hard liners may try to strip all legal permanent residents of their medical coverage.

It is impossible to imagine Antonia Perez affording health insurance.The family's rent alone is almost double the amount of her S.S.I.check. Her only choice may be the ardous process of naturalization. Time is running out for Antonia and thousands of elderly immigrants in this state.

*Name has been changed to protect privacy.

Writers Note: I urge everyone to write your State Congressperson and ask them to support the rights of immigrants. If you need more information on this subject, the Bernal Heights Neighborhood Center has an information board in the lobby.

Many other civil rights have been stripped from legal immigrants. Always seek legal advice before trying to help an immigrant. La Raza Centro Legal has weekly drop-in counseling on immigration issues. They can be reached at 575-3500. Seniors seeking legal counseling or other services may call me at 206-9175.

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BHNC SAFETY-NET PROJECT UPDATE

By Angelina Cheney

♦January Ingleside Community Police Meeting

Ronnie Davis, executive director of the San Francisco Housing Authority addressed the Ingleside community on Tuesday, January 21 at the monthly Ingleside Community Police Meeting. In laying out his agency strategy for public housing in San Francisco, Davis stated that "insuring full police protection for all housing developments" tops his list of priorities. He also emphasized the need to rehabilitate and better maintain the properties, to focus on employment for all residents, and to improve the screening process in selecting residents.

Davis addressed the current rehabilitation status of the Ingleside District's public housing developments (Sunnydale, Alemany, Holly Courts, and the bordering Bernal Dwellings) to public housing residents, service providers, neighbors, and police officers at the meeting. While the meeting provided an opportunity for public housing residents to converse with Davis, it also gave them a chance to personally address widespread prejudices and stereotypes. Kevin Robinson, president of the Alemany Resident Management Corporation stated that, "I left the meeting feeling high-spirited. I had a burning desire to make a statement to people who maintain negative perceptions of public housing residents." He added, "There needs to be that type of connection between public housing residents and the rest of the district. That's why this meeting was so important."

♦BHNC Safety-Net Public Safety Survey

The BHNC/Safety-Net Project is currently conducting a public safety survey of the Ingleside Police District. The survey will identify safety issues that are affecting residents of the 10 neighborhoods in the Ingleside District. Angelina Cheney, community organizer at the BHNC stated, "It is our hope that the survey will help the district identify issues that individual neighborhoods can work on collectively." The results of the survey will be discussed at the next Ingleside community police meeting on Tuesday, February 18 at 7:00 p.m. at the Ingleside Police Station. If you would like to take part in the survey, call Angelina Cheney at 206-2152.

♦Ingleside Community Police Newsletter

The Ingleside Police Department and the BHNC/Safety-Net Project are in the process of reinstating the monthly police community newsletter. The newsletter will serve to inform Ingleside residents about police news and neighborhood activities. If you are a member of a neighborhood organization or group and have an event or news item that you would like to share with the entire district, or if you would like to receive the newsletter, contact Angelina Cheney at 206-2152. The first issue of the newsletter will be out in early February.

♦Upcoming Meetings

The Ingleside community police meetings are held the third Tuesday of each month at 7:00 p.m. in the Ingleside Police Station community room. The February meeting is on Tuesday the 18th and the March meeting is on Tuesday the 18th. Please feel free to come or contact Angelina Cheney with any questions or concerns 206-2152.

Reflections on a dear friend-- a volunteer's perspective

By Mary Ellen Schwab

It has been nearly three-and-a-half years now since I met my dear senior friend. As I walked to her home that first evening, I kept wondering if this was a mistake, cooking for her. (With my cooking-yuck!) Would she like me? Would I like her? What, more importantly, would we talk about? What could we possibly have in common?

It was awkward at first, but she came to realize that I was there for her and her needs. I was privy to the details of her 90-some years one this earth. Every week when I come to visit, she is so happy to see me. If I bring her a flower, or pick her some wildflowers from the backyard, she's more happy to see me than if she won the lottery. Every visit, no matter how short, any act, no matter how small is greeted with profound delight and gratefulness.

We have all heard of unconditional love but who'd have thought I'd find it with a 90 year old. I get more out of this than my senior friend does.

I hear repeats of the same stories week after week. . . and she can ask me the same question five times in a five minute period. . and she thinks she is between 30-40 years old. . . and even though the cat is sleeping on her bed, she will say she hasn't seen the cat for three days.

Yet I would never miss my weekly time with my senior friend. She is one commitment I would never give up.

Mary Ellen Schwab is a volunteer of the Neighborhood Elder's Support Team which serves frail and homebound seniors in Bernal Heights. If you would like to become a friendly visitor or help out in other parts of the program, please call Pat Lindstadt at 206-9177.

Annual Friends/Membership drive launches this month

By Helen Helfer and Mauricio Vela

We would like you to know firsthand what great work goes on at the Bernal Heights Neighborhood Center/ Housing Corporation at 515 Cortland Avenue. Often neighbors will stop in our lobby to pick up the *New Bernal Journal* or other materials, or check the bulletin board for job announcements or apartments or homes for rent, and miss the details of community building work which occurs every day.

Here are some recent examples:

Ian, our Neighborhood Center's youth job developer, in addition to his Job Readiness Program, is working with two young African-American youth who live at Alemany. They're both ex-drug dealers who have changed their lives for the better. Ian is aggressively trying to place them in entry-level jobs in our community and provide the support they need to succeed.

On the other side of the center our Neighborhood Elder Support Team director, Carmen, and our care coordinators are working with a frail elder who was diagnosed with a debilitating illness in early 1996. NEST began offering its case management services, connecting her with in-home support services, home delivered meals, transportation services and weekly visits from a student nurse. A NEST volunteer delivered emergency food supplies and provided friendly visits to this elderly woman who lives alone. NEST was a welcomed support and a vital link in helping her cope with her difficulties. We are happy to report that today, thanks to the support of NEST, her doctors and a successful surgery last October, she is walking again with a great deal less pain.

Angelina, our community organizer, is working with our center director, Mauricio, to broaden the scope and neighborhood representation of the Ingleside Police public safety coalition, and coordinate with other district efforts to ensure a comprehensive crime prevention strategy. At our invitation, Ronnie Davis, the new executive director of the San Francisco Housing Authority, presented his vision of a better run and maintained agency at the January Ingleside meeting. Representatives from Alemany, Bernal Dwellings, and Sunnydale, as well as other concerned Ingleside police district neighbors engaged in a positive dialogue with the new executive director—and each other.

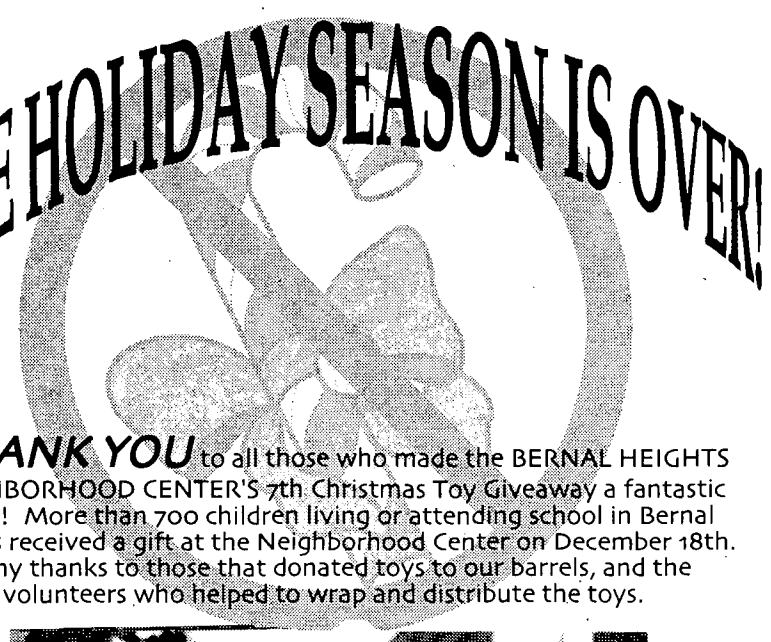
Ruthy, our housing project manager, is completing renovation on a nine-unit building for women with AIDS who are overcoming substance abuse problems. She is collaborating with Lutheran Social Services to provide ongoing support to the women and children who will be living there.

Carol, our housing rehab manager, has 13 homes in the pipeline for low-income homeowners who have applied for our low-interest rehab loans. She is also helping with Christmas in April who will be working in Bernal Heights again this year—including repainting the stalls at the Farmer's Market.

Stella, our office manager and fundraising assistant, is the first person you'll meet when visiting the Center. If she can't help you, she'll find someone who can!

In closing this visit to the Center, we'd like to quote from Marion, one of our Youth Employment Program workers: "Being part of MYEEP program is one of the best things that I have done, not only for me but also for the other youth who are part of the program...I have learned a lot here. Writing a check is one of my duties and I know that it will really help me throughout my entire life."

You make this ongoing work possible through your membership and support of our programs. We want to thank you for giving generously in the past, including those of you who responded to the last NBJ request and the Holiday appeal. We begin our Friends and Membership drive this month and look forward to your strong support which is such an important part of what we do.



THANK YOU to all those who made the BERNAL HEIGHTS NEIGHBORHOOD CENTER'S 7th Christmas Toy Giveaway a fantastic event! More than 700 children living or attending school in Bernal Heights received a gift at the Neighborhood Center on December 18th. Many thanks to those that donated toys to our barrels, and the volunteers who helped to wrap and distribute the toys.

THANKS DONORS/SPONSORS, AND SANTA!

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*Dedicated to Polly Klaas

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Senior Services • 206-2142
515 Cortland Avenue, San Francisco

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- **In Home Safety Education & Services by the Neighborhood Elders Support Team**
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The Great Outdoors

How does your garden grow?

The *New Bernal Journal* "Garden-of-the-Month" will be premiering in our April issue, right around the time flower fever kicks in. We are looking for green thumbs in Bernal who would like to share a photograph of their garden and some of their gardening tips or stories with their neighbors. Each issue will feature a different garden tucked away somewhere on the hill.

Anyone who lives in Bernal Heights is invited to submit. We will try to showcase a variety of gardens, from formal to eclectic, flower to kitchen herbs.

If you are interested, please submit a photograph with a brief description, no longer than 300 words. Be creative with your description--write about when you started your garden, the different plants you chose, or any thoughts pertaining to your backyard endeavor.

We must receive the photograph and description no later than March 5 for consideration in the next issue.

Send to: The *New Bernal Journal*, 515 Cortland Ave., San Francisco, CA 94110. All materials submitted will become property of the *NBJ* and will not be returned.

Willing slaves to horticultural fashion

By Garry Bernhardt

Down in the Dirt

When I was first getting back into gardening in the late '60s, it seemed there was a kind of magical classic San Francisco garden, epitomized by Grace Marchant's on the steps of Telegraph Hill: spilling carpets of baby tears littered with the fallen petals of a Princess bush, lots of nasturtiums and fuchsias, a marguerite or two, lilies of the Nile, and maybe an overgrown Cecile Brunner rose.

Alas, fuchsias have been more or less decimated--the fancy hybrid ones, that is, which have been decimated by Brazilian mites. (But, happily, growers are bringing out new species which are mite-resistant, though these need more sun than the flashier hybrids, and don't flower over as long a time.)

The Princess flower, marguerites, Agapanthus, etc., are still very much with us, as are some of the big introductions in the '50s, such as Nandina, Podocarpus, and creeping junipers. They've endured because they're good, tough plants that look attractive most of the time, make no extraordinary demands, aren't bothered by too many pests and diseases, and are very adaptable.

Then something very wonderful happened at the end of the '60s: the hippies (i.e., us, before we became baby boomers) rediscovered plants and gardening. Steamy fern boutiques popped up all over town, and enrollment in the CCSF horticulture department boomed. American gardening awoke with a start and hasn't slowed down since. A new generation of educated and interested gardeners emerged, and with them a demand for new and interesting plants.

Well, one thing led to another and to make a long story short, today we have New Zealand flax and oak-leafed hydrangeas in our garden. In just a few years some things seem to have gone from being novelty items to clichés to welcome staples. A few years ago we fell in love with, and learned to grow, California natives and ornamental grasses, old roses and Salvias. And they are still with us too, and our palette is all the more richer for them.

A few nice things to announce: A group of Bernal Heights gardeners are meeting on the second Saturday of each month for "informal chatting" and more. The next two meetings are February 8 and March 8. If you're interested, call Eugenie at 826-0236 for more information.

In the spring, the top of the hill has an incredible wildflower display here in the heart of the City. This will be a rare chance to be led on an informative walk by a real pro, my esteemed colleague on these pages. Please see Barbara Pitschel's article for details.

I'd still like to put together a neighborhood garden tour. If you'd like to open your gate, call 285-3363. Thanks.

Free Tree Spree

Friends of the Urban Forest (FUF), a non-profit organization which plants street trees throughout San Francisco, currently has special grant funding available to provide free trees for Bernal Heights residents and businesses.

If you are interested, please contact the following volunteer neighborhood organizers if you live within their boundaries: Jason Fioresi at 206-9884 (Cortland to Alemany, Gates to Putnam); Brian Gatter at 554-8292 (Franconia and Brewster to James Lick Freeway, Mayflower to Rutledge); Janet and Joe Pasquale at 821-2098 (Cortland to Bernal Heights Blvd., Bradford to Banks); or Chris Smith at 550-7759 (Eugenia to Newman, Bocana to Moultrie).

Get in touch with the appropriate person as soon as possible as Jason's Fioesi's community is already set to plant on March 1. Also, these funds will run out so don't miss out on this great opportunity.

Thanks to organizer David Shaw, FUF will be planting trees from Precita to Virginia and Mission to Folsom on February 15. It's too late to get on board for that date but you are invited to come by and check it out.

If you are interested in planting a tree or organizing a planting outside the areas specified above, please call FUF at 543-5000. FUF is also looking for new volunteers to help plant FUF trees.

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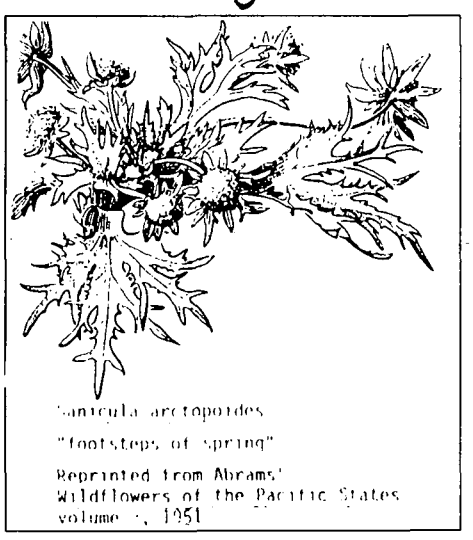
Winter makes way for early spring wildflowers

By Barbara M. Pitschel

Usually, in this column, I concentrate on just one of the plants that make up the beautiful Bernal grassland flora, but this time I am going to skim the surface and identify some of the more obvious spring wildflowers that you will see as you wander on the hill during February and March. The best places to look for displays of native plants are along the west and northwest slopes. Enter the gated quarry at the base of the road to the phone company tower; climb the little path at the northwest corner of the quarry; then you can follow the middle path around the hill and/or explore side paths.



In years of favorable weather, a few of our early bloomers can begin to flower as early as January or even December. They will certainly be at their peak in February. Some of the earliest have yellow flowers. At its prime, "footsteps of spring" (*Sanicula arctopoides*) is a bright greenish-yellow. It grows low to the ground and has paw-like leaves ("arctopoides" means "like a bear's foot") and heads of tiny flowers surrounded by chartreuse bracts. "Wild parsley" (*Lomatium caruifolium*), another low-growing yellow member of the carrot family, blooms around the same time. This feathery-leaved, carrot-flowered plant is the ancestral food plant of the anise swallowtail butterfly. The greatest concentrations of "California buttercups" (*Ranunculus californicus*) occur on the shadier, damper north slope. They can be distinguished from other buttercup-like yellow flowers by their deeply divided leaves, their large numbers of petals (quite variable) and by the fact that each flower has many stamens (male pollen-producing organs) and lots of separate pistils (female seed-producing organs).

There are also some exceptionally beautiful early-flowering bulbs. Probably the best place to see them is on the northwest slope as you look down from the path that circles close to the phone company's microwave installation. Among the earliest are our tiny version of the "star lily" (*Zigadenus fremontii*), whose white star-like, six-petaled flowers display striking yellow nectar guides for pollinators and whose distribution often follows the previous summer's fires, and "checker lily" (*Fritillaria affinis*), whose maroon and green flowers hang like "mission bells," its other common name. In the same wonderful patch you will see the sturdy, wavy leaves of "soap plant" (*Chloragalum pomeridianum* var. *divaricatum*), which won't show its delicate, translucent, white flowers until June. You will also see one of our early-blooming ferns, "California polypody" (*Polypodium californicum*) here. "Shooting stars" (*Dodecatheon clevelandii* ssp. *patulum*) grow in this patch, as well as over much of the northwest and west slopes. This plant is Bernal's greatest claim to fame, as the species was originally discovered and named on Bernal (its "type locality") in 1895. Another early-blooming bulb is "blue dicks" (*Dichelostemma capitatum*), whose tight little heads of small, blue, lily-like flowers can occasionally be seen blooming on various parts of the hill.

Among the other showy wildflowers that will brighten the hill are "johnny jump up" (*Viola pedunculata*), a yellow and brown violet that looks like a small pansy; our well-known state flower, "California poppy" (*Eschscholzia californica*); "checker" (*Sidalcea malvaeflora*), a pink member of the mallow or hollyhock family that is less prevalent on the hill than it was 10 or 20 years ago; "lupines" (*Lupinus* spp.), several species of these pea flowers, ranging from tiny annuals to low, semi-woody subshrubs to silver-leaved shrubs; "blue-eyed grass" (*Sisyrinchium bellum*), a member of the iris family (not a grass) with six-petaled purple flowers that have bright yellow (not blue) "eyes" in the center; "tomcat clover" (*Trifolium willdenovii*), three-leaf-clovers with white-tipped, red-purple flowers.

Two of the plants you might confuse with buttercups are "sun cups" (*Camissonia ovata*) and "goldfields" (*Lasthenia californica*). Both are quite distinctive. In the "sun cup" four-petaled, yellow flowers rise from rosettes of oval leaves. If you look closely, you will see that the part of a flower that looks like a stem is actually a long neck that leads to the seed compartment, which is protected below ground level. "Goldfields" are part of the sunflower or daisy family, whose members have flower heads comprised of clusters of separate little flowers.

Don't forget to visit the early-flowering "pussy willows" (*Salix lasiolepis*) growing in the seep across from the top of Folsom Street on the north side of the hill. See if you can distinguish the male flowers bearing pollen sacs from the female flowers which are fleshier.

Besides the showy wildflowers, you may be able to recognize clumping native bunchgrasses and rushes. But remember that not all the plants you will see are natives. A few of the more noticeable early-blooming weed flowers should also be noted. "Sour grass" or "Bermuda buttercup" (*Oxalis pes-caprae*), a common yellow-flowered, clover-leaved weed from South Africa, is difficult to eradicate because it reproduces by underground bulblets that are impossible to pull up. We do a fairly good job of controlling "French broom" (*Genista monspessulana*) on the hilltop, but it is too common below the boulevard. Three species of the Mediterranean weed "filaree" (*Erodium* spp.) are much too common over the entire hilltop. You will recognize these by their long, sharp-beaked fruits that roll into coils to better plant themselves. One of the major weeds on the hill is "wild radish" (*Raphanus sativus*). If not controlled, by late spring these small, lavendar- or white-flowered plants will turn into large, nearly woody annuals that shade out the native understory.

This overview only skims the surface. You will see many species not described in this article. If you would like to know more, read on.

On Sunday, March 23, at 11:00 a.m., Barbara and Roland Pitschel will be leading a walk to visit and enjoy the Bernal Hilltop flora. The walk is sponsored by the Yerba Buena Chapter of the California Native Plant Society and will meet on the southwest side of the hill at the gate of the road leading up to the hilltop phone company microwave tower. Bernal residents and other interested people are welcome to join us! You can also enjoy the progression of seasonal bloom by joining Bernal Hilltop Native Grassland Restoration Project work parties on the third Sunday of each month at 11:00 a.m. Call Barbara Pitschel at 282-5066 for details.

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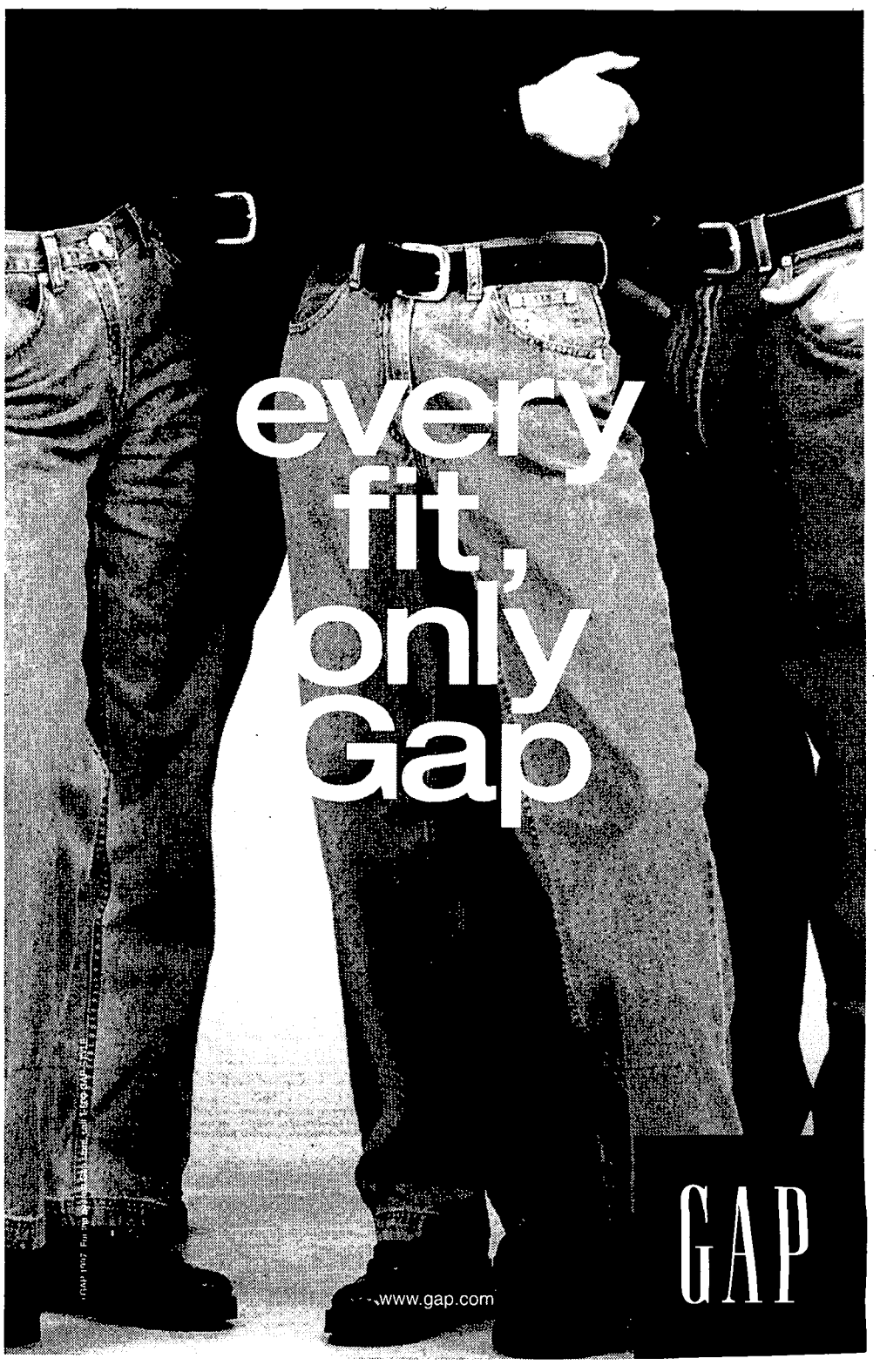

Bernal Heights Happenings

At the Hungarian Sausage Factory

Jazz Duo
Tuesdays, 6:30-9:00 p.m.

Restaurant Gypsy Violin
Wednesdays, 6:30-9:00 p.m.

Piano Jazz
Thursdays, 6:30-9:00 p.m.

Classical Flamenco Guitar
Saturdays, 6:30-9:30 p.m.

Central European Folk Band
Sundays, 6:30-9:30 p.m.

Folk Concert and Dance House
Last Saturday of each month
9:00-midnight, $5.00

At the Library

Adult Programs

Spanish Conversation Group
1st & 3rd Wednesdays at 7:00 p.m.

Scrabble
Every Wednesday night at 7:00p.m.

Bay Area Rapid Folders-Origami
1st Saturday of the month

Intergenerational Chess Club
Fridays, 4:00-6:00 p.m.

Youth Programs

Preschool Videos
Every Tuesday at 10:30 a.m.

Preschool Storytime
Every Thursday at 10:30 a.m.

Family Night for Kids
(and the Folks who Love 'Em)
Wednesdays at 7:30 p.m.

Study Night
(Free Homework Help!)
Every Tuesday from 5:00-8:00 p.m.

Valentine's Day Surprise
February 14 at 4:00 p.m.

St. Patrick's Bash
Wednesday March 12 at 7:30 p.m.

Come by the week of March 23 and create a springtime card!

At the Neighborhood Center

Girl Scouts Meetings
Every Monday, 4:15-7:00 p.m.
Every Wednesday, 5:45-7:00 p.m.
Every Sunday 1:00 p.m.-4:00 p.m.

Narcotics Anonymous Meeting
Every Monday, 7:30-9:00 p.m.
Every Wednesday, 7:30-9:00 p.m.

NW Design Review
Every other Tuesday
7:30 p.m. (every other week)

Escola Nova de Samba
Every Thursday
6:30-9:00 p.m.

USF Nursing Students
Every other Friday
8:30 a.m. to 2:30 p.m.

Alcoholics Anonymous
Every Saturday
4:00-6:00 p.m.
(meetings start at 5:00 p.m.)

Don't miss Sundays, open-mike night, at the Roast.

Adult Children of Alcoholics
Every Sunday
9:45 a.m.-12:00 p.m.

Tai-Chi Class for Seniors
Every Wednesday morning
10:00 a.m. Mind/Body discussion
11:00 a.m. Tai-Chi
Call Diane See at 585-2442 or 206-2142.

At the *New Bernal Journal*

New Staff Informational Meeting
Thursday, February 20 at 7:00 p.m.
Help determine the content for the next issue. Interested reporters and photographers are invited to attend. Call Melinda Wright at 206-2144 for location and more information.

Bernal Journal Jr. Meetings
Thursdays 5:00-6:00, at the Neighborhood Center
Interested teens should contact Holly Kernan at 642-1040.

At the Roast

Jazz Brunch with the Phillip Greenlief Trio
Sunday 2/9 from 11:00 a.m.-2:00 p.m.
Later that night Oliver 8:00 p.m.

John Hargrove/ Walkie Talkie & Friends
Saturday 2/15 at 8:30/10:00 p.m.

Jazz Brunch with Rick Wolter & Paul Kimmel
Sunday 2/16 from 11:00 a.m.-2:00 p.m.

Andrew Page/King Reg
Saturday 2/22 at 8:30-10:00 p.m.

Rick Wolter
Sunday 2/23 at 8:00 p.m.

Come to our Open Mike nights-every Sunday at 7:00 p.m.

At St. Kevin's

Latino Valentine Dance & Dinner
February 8, $17.00.

Flea Market 10:00 a.m.-4:00 p.m.
February 22-23 648-5751.

Fil-Am Spring Dance & Dinner
March 8, $20.00

Pancake Breakfast by Teens
March 9, 8:00 a.m.-11:00 a.m.
Adults: $3.50

Irish Night-Corned Beef & Cabbage Dinner
7.00 p.m. $10.00

Around Bernal Heights

Farmer's Market
Every Saturday from dawn to dusk
100 Alemany 647-9423

Flea Market
Sundays from 8:00 a.m.-3:00 p.m.
100 Alemany 647-9423

Kickboxing Event
Sunday February 16, 3:00 p.m.
3140 Mission @ Precita
(Cesars Latin Palace)
$15-$20; call 550-1694 for more information

Please call 206-2144 if you would like to submit events for possible publication in the Happenings section. Must be in Bernal area. Editor reserves the right to edit/refuse submissions. Free events receive higher priority in the selection process. Calendar listings for the April issue are due on March 5. We are not responsible for typos or errors.

Pet Peeves by Bernie

Q: I enjoy walking my dog in grassy areas such as Bernal Hill, but often she stops and eats the grass and seems to enjoy it. Should I let her continue and if so, why does she want to?

A: Dogs will instinctively chew and eat grass. Dogs in the wild ate well-balanced natural raw diets that today's pet food does not provide. Pet food companies are forced to follow strict processing measures to ensure the meat and animal by- products are "safe" for our four-legged friends. Deficient diets are responsible for most skin problems, allergies, hypertension, cancer, heart disease and other problems. Dogs and cats seem to know when their bodies need a boost to prevent sickness and, many experts agree that's why they are attracted to grass. So yes, allow her to nibble on the grass and consider purchasing a beta-carotene supplement for her too.

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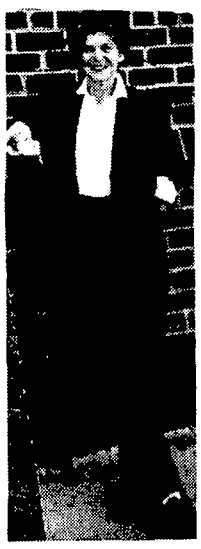

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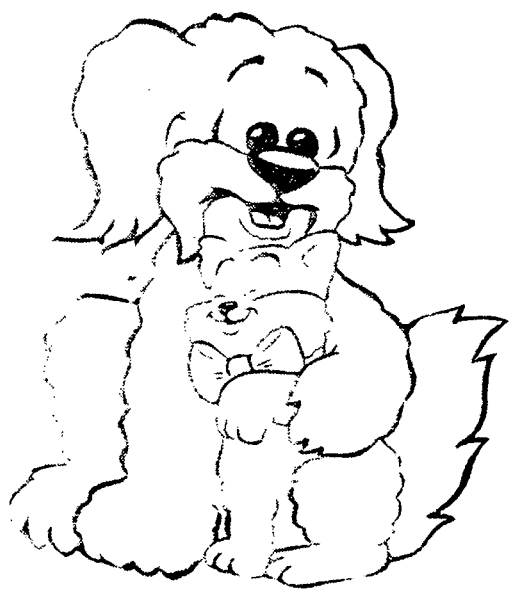

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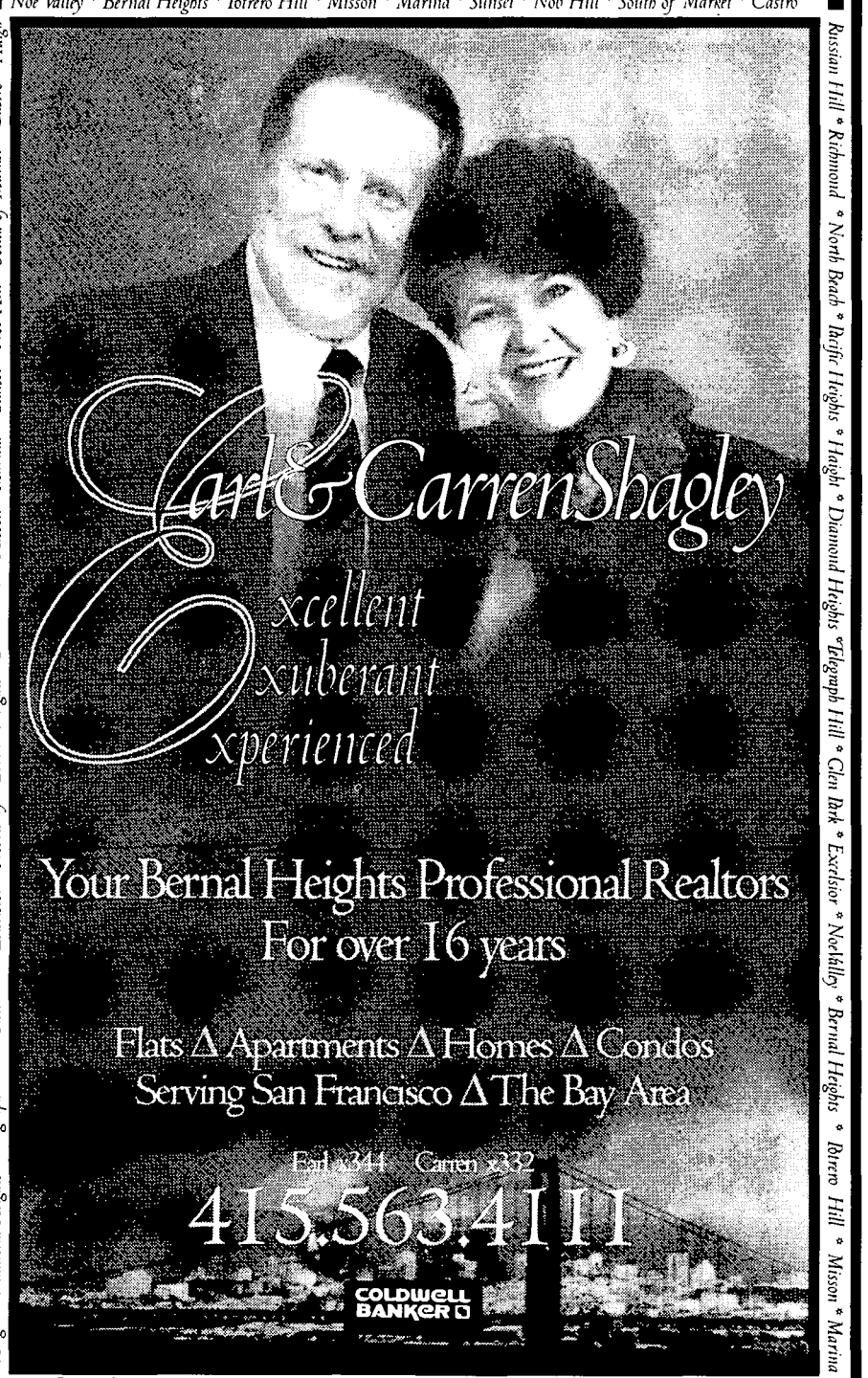

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Medeiros **EGGS** 18-pack large **$1.89**	Rainbow Ramen **INSTANT SOUP** 3 oz. 5 for **$1.00**	Murray Hits **CRACKERS** 11 oz. package **$1.49**
Windex **GLASS CLEANER** with trigger 22 oz. **$1.98**	Rainbow Iron Kids **TOASTER TART** 6 pack **$1.29**	Peroxicare **TOOTHPASTE** Buy 1 Get 1 FREE 2 tubes, net 9 0z. **$2.89**
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Heineken *6 Pack-12 oz bottles*	**$6.99***

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Wines

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Cabernet Sauv., Chardonnay 750 ml. $7.99

Glen Ellen Wines

White or Red Wine 750 ml.	$3.99
White or Red Wine 1.5 liter	$6.99
Cabernet, Chardonnay 750 ml.	$4.99
Cabernet, Chardonnay 1.5 liter	$7.69

Liquors

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Kahlua Liqueur	750 ml.	$14.99
Beefeater Gin	750 ml.	$15.98
VO Canadian	750 ml.	$10.98
Canadian Club	liter	$10.98
Cutty Sark Scotch	750 ml.	$15.99
Presidente Brandy	liter	$11.99
Christian Bros. Brandy	750 ml.	$7.99

Fruits and Vegetables

Potatoes **10 LB. No. 1 .99¢**	Oranges **4 LB. $1.00**
Lettuce **EACH .69¢**	Lemons **5 FOR $1.00**

Meats

Ground Chuck--Family Pack	99¢/lb.
Market Steak	$5.49/lb.
Foster Farms *Picnic Pack Legs & Thighs*	$1.19/lb.
Pork Neck Bones	59¢/lb.
Pork Butts *bone in*	$1.59/lb.
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PRICES MAY VARY AFTER 2-14

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